

Gluten Free products at Cobbs!

We have looked especially through our supplier's catalogues and bought in some interesting **Gluten Free** products for you to try. We hope you like them and we will always look out for new specialist products such as those which are for diabetics or gluten free.

Our butchers T H Burroughs also produce a gluten free pork sausage - please ask them for more details.

Gluten allergies are not uncommon.

In fact some figures show one in every one hundred and ten adults have the disease.

Also known as celiac or coeliac disease a gluten allergy is a food allergy. Sufferers will experience side affects after consuming gluten. Gluten is an ingredient found in wheat, rye and barley and to some extent oats.

Sufferers can experience many symptoms and these can vary in their severity. Indeed some gluten allergies are not very severe at all. But for those with severe gluten allergies the effects can be at best cause extreme discomfort and at worst be life threatening.